

What is Claimed:

1. A workflow project management system, comprising:
a form route manager for receiving and sending email to a route, a step-by-step sequence of email addresses, and communicating with a project management system, wherein the project management system sends a message at a project segment to the form route manager to initiate workflow on the route.
2. A workflow project management system, comprising:
a form route manager for receiving and sending email to a route, a step-by-step sequence of email addresses, and communicating with a project management system, wherein the form route manager sends a message to the project management system at a project segment.
3. The workflow project management system of claim 1 or 2, wherein the message includes the time the message was sent.
4. The workflow project management system of claim 1 or 2, wherein the message contains a segment identifier.
5. The workflow project management system of claim 1 or 2, wherein a workflow route is associated with a project segment.
6. The workflow project management system of claim 2, wherein the project management system calculates the project schedule based on the message.
7. The workflow project management system of claim 1 or 2, wherein the message is an email message.

8. The workflow project management system of claim 1 or 2, wherein a workflow is initiated when a project segment is initiated or completed.
9. A workflow project management system comprising a workflow system including a form route manager for receiving and sending email to a route, a step-by-step sequence of email addresses, and communicating with a calendar system containing a list of events, and wherein the list of events is initiated at a time set in the calendar system.
10. The workflow project management system of claim 9, wherein the workflow system sends a message to set or change or delete a time in the calendar system.
11. A workflow project management system, comprising a workflow system, including a form route manager containing a route, a step-by-step sequence of email addresses, communicating with a project management system containing project segments, wherein the project management system sends a message to the workflow system to initiate the workflow on the route comprising setting an indicator of the workflow route in a message and sending the message to the workflow system.
12. A workflow project management system comprising a form route manager containing a route, a step-by-step sequence of email addresses, and communicating with a project management system containing project segments wherein the workflow system sets an indicator to the step of the route and sends a message to update the project management system when the step of the route completes.
13. A workflow project management system comprising a workflow system containing a set of folders with rules communicating with a project management system containing project segments wherein the project

management system sends a message to the workflow system to initiate a workflow comprising the steps of preparing a message identifying the workflow to be initiated, and sending the message to the workflow system.

14. A workflow project management system comprising a workflow system containing a set of folders with rules and communicating with a project management system containing project segments, wherein the workflow system sends a message to update the project management system when a specific folder receives a message and executes a message rule comprising setting a rule in a specific folder to send a message to the project management system to update a project segment, and the workflow system sending the message to the project management system when the folder executes the rule.

15. A workflow project management system, wherein the system is connected to a computer network and an email system, wherein the email includes a step field and a document, comprising:

a form route manager, with an email address, connected to the computer network, capable of accessing a route, a sequence of email addresses in the computer network, comprising:

an in-box adapted to receive email;

a first sequencer adapted to as follows:

compare the step field with the route,

define the next email address based on the compare,

update the email address to the next email address,

update the step field to the next step,

an out-box adapted to send email to the next email address, wherein the next mail address includes an in-box adapted to receive email from the form route manager, and an out-box adapted to send email to the form route manager, wherein the form route manager sends a message to a project management system containing project segments, and after comparing the step field to the

route, determines if the indicator is set, and if set, sends a message to the project management system.

16. The workflow project management system of claim 15, wherein the message contains the time when the message was sent.

17. The workflow project management system of claim 15, wherein the address in the route includes a project segment identifier.

18. The workflow project management system of claim 15, wherein the message contains the project segment identifier.

19. The workflow project management system of claim 15, wherein the project management system contains project segments and relates a project segment to an email based workflow route.

20. The workflow project management system of claim 15, wherein the project management system at the beginning of a project segment sends an email to the form route manager to initiate a workflow route.

21. The workflow project management system of claim 15, wherein the project management system at the end of a project segment sends an email to the form route manager to initiate a workflow route.

22. A workflow project management system, comprising:
a workflow system, including a form route manager for receiving and sending a message along a route of computer addresses in a computer network, wherein the workflow system communicates with a calendar system containing calendar events wherein the computer address has an indicator defining that a message is to be sent to the calendar system, and the form route manager is

adapted to after comparing the step field to the route determine if the indicator is set, and if set, send a message to the calendar system.

23. The workflow project management system of claim 22, wherein the message is an email.

24. The workflow project management system of claim 22, wherein the message contains the time when the message was sent.

25. The workflow project management system of claim 22, wherein the computer address in the route includes a calendar event identifier.

26. The workflow project management system of claim 22, wherein the message contains the calendar event identifier.

27. The workflow project management system of claim 22, wherein the message is used to add, modify, or delete a calendar event.

28. The workflow project management system of claim 22, wherein the calendar system contains calendar events and relates a calendar event with an email-based workflow route.

29. The workflow project management system of claim 22, wherein the calendar system at the beginning of a specific calendar event sends an email to the form route manager to initiate a workflow route.

30. The workflow project management system of claim 22, wherein the calendar system at the end of a specific calendar event sends an email to the form route manager to initiate a workflow route.